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851 mass. This is the *sacamisa*. This is one of the most important occasions in the life of the child. After the mass, there is a cele-
[574] bration at the home of the child, attended by its relatives; *mole poblano*, reserved for the most important *fiestas*, is served.

753 There are special dangers and sicknesses to which a newborn child or the mother is particularly liable. The dangers from *el espanto* ["the fright sickness," later described] are greater then.
[754] Small children are especially subject to *el daño* ["the evil eye"] and to *los aires* [diseases caused by the evil spirits of the air]. *Ixtlaxolcocoliztli* ["clouds-in-the-eyes-sickness"] is a disease [probably *ophthalmia neontorum*] common to infants. The symptoms are blood and pus coming from the eyes. It is thought to be caused by the presence near the infant of a man or a woman who has recently had sexual intercourse. It may be cured by
755 administering a remedy composed of the umbilical cord of a
[846] boy, that of a girl, some raisins, the leaves of *tzitziquilitl*,[1] and
[824] the flowers of *sauca*.[2] It is also treated with *Sal de Colima*. This salt is ground and then placed in the form of a cross on the child's tongue with the pestle [*tejolote*] which has first been scrubbed
853 with *estrepaco*. If a nursing child vomits, the mother's breasts
[824] are washed with an infusion of *tlamatlantli*.[3] Then the child is allowed to nurse. The mother may take this infusion internally.
851 If a child experiences difficulties during teething, a fly may be caught and boiled with cumin seed. A little of this administered to a baby will make its teeth come out.

853 If the mother dies, a wet nurse [*nodriza* or *chichina*] is sought. "She earns twenty *pesos* a month and her food." If the family
[165] cannot afford a wet nurse, they give sweetened milk flavored
[262] with chocolate, cinnamon, or coffee. "But then the child usually dies."

Children are nursed by the mother for two years or more, although milk is early supplemented by adult food. Food given
[262] in early life is bread, *tortillas*, milk, beef, bean soup, and macaroni soup. All bananas, except the large, long variety, are considered harmful as causing constipation. Rice is bad for the same

[1] *Bidens leucantha* (L.) Willd.

[2] *Sambucus mexicana* Presl. [3] *Solanum madrense* Fernald.

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the contribution is paid. Like the *chirimiteros*, the *huehuechiquе* are called upon only for *fiestas* of *santos*.

Two fireworks-makers [*coheteros*]: These men prepare the *castillos* for the *fiestas* of the *santos*, and make rockets [*cohetes*] which are used for any celebration.

Three maskmakers:[2] These men are brothers. The duty of making masks has always been in their family. Before the carnival these three men devote most of their time to making the traditional masks.

Two magicians [*magicos*]:[3] The existence of these specialists was learned shortly before leaving Tepoztlán; nothing is known about them except the identity of the two individuals. "They say they know how to take a woman out of her house against her will."

These two classes of specialists appear to represent two different types of social organization, and the changing relations between them describe the social evolution of Tepoztlán. Occupations of the first class are invariably carried on in order to earn a livelihood. Those of the second class are to a less extent carried on for remuneration. The *chirimitero*, the *huehuechique*, the maskmaker, even the midwife and the herb-doctor, perform their functions because theirs are rôles which the group is accustomed to see them take. The specialists of the first class in many instances acquire their specialties adventitiously. In many cases the storekeeper, the mason, or the carpenter has

[2] These men happen to be *correctos*.

[3] The *magicos* are quite distinct from witches (*brujas*). The reputation of witches is acquired unwittingly and is not enjoyed. Theirs is not a profession.

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CHAPTER IX

MAGIC AND MEDICINE

121 755 It is not merely convenient to discuss magic and medicine together; it is almost inevitable. In Tepoztlán, as among other simple peoples, the two fields very largely overlap. Medicine is to a great degree magical, and most current magical practices are also medical. Partly because the rational cure of disease depends on a great body of accumulated knowledge and experimentation, and perhaps partly because the mere expression of a wish to be cured is sometimes effective, magical behavior persists longer in the field of medicine than in almost any other field of human concern. The separation of magic and medicine is, in a sense, a unique event; and even in modern Western society the separation is yet incomplete.

755 In Tepoztlán the only generally recognized and practiced body of magic has to do with medical cures. [754] Black magic exists in the form of witchcraft; in the present study materials are largely lacking, but it is probably not uncommon. It is, however, surreptitious, and is entering, to the people themselves, into the limbo of superstition. White magic takes in general [751] the form of amulets and talismans,[1] conveying to the wearer the protective power of priest or *santo*. But in the case of the treatment of disease, there is a large

[1] See Gamio, *La población del valle de Teotihuacan*, II, 220. Perhaps older folk amulets, not involving Catholic symbols, are also used in Tepoztlán.

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which the individual comes to feel are beyond his control, are thought of as morbid entities. The folk practitioner diagnoses them and treats them like any disease.

La mohina ["fretfulness, peevishness"; no Nahuatl term given] is very common. "It is when one has become very angry. One may even get so angry one cannot get over it, but dies. Many things may cause it. For example, one may come to my house, and after he leaves I miss some object I prize. I blame the caller as the thief and get very angry. Or I may break something I am fond of and so get very angry. Children do not get this disease." The remedies are various quieting drinks. Spiced drinks are common, a tea made of lemon leaves, and especially an infusion of turnip peels.

El espanto ["the fright," "the terror"; no Nahuatl term given]. —"One trembles and grows weak and does not wish to eat. Anything frightening may cause it, as, for example, when you wake up suddenly in the night having seen a ghost [*muertito*]." The patient is bathed with laurel that has been blessed by the priest and with orange and shaddock peels which have been placed on the altars during Holy Week.[1]

Diseases thought to be caused by possession by evil spirits, so common in Mediterranean Europe, are apparently absent in Tepoztlán, perhaps because not characteristic of American Indian thought. On the other hand, the idea of the Evil Eye, just as little characteristic of the American aborigines, has been introduced by the Spaniards and is common all over Mexico.[2] The present materials do not contain any reference to the affliction by the name of the Evil

[1] *El espanto* is described from a village in Tehuantepec by Frances Toor in *Mexican Folkways*, No. 7 (1926), p. 31. There the cure consisted of making the sign of the cross, massaging with herbs, and prayers and invocations.

[2] In the state of Mexico, Gamio, *op. cit.*, II, 258; in Tehuantepec, Starr, *Notes on the Ethnography of Southern Mexico*, p. 52; in New Mexico, Espinosa, art., "Notes on New Mexican Folklore," pp. 395 ff.

753 Eye; it is referred to as *el daño* ("the hurt," "the in-
754 jury"). There is a Nahuatl term, *oquitzahtzitihque* ("making cry"), and this is the significant symptom.

Children cry and cry, and sigh and sigh, and cannot be comforted. Only children get this disease. It comes after they have been praised in their presence by someone. After the visitor leaves, the child cries and refuses to be comforted. One eye, usually the left, gets very small [*chiquitito*]. The child sighs and complains. Children may die of it. The gall bursts [*quichichicatlapana*] and so they die. Not everyone can cause *el daño*. Only those who have bitter hearts [*yolchichihque*].

The baby is crying today because yesterday you took him to *los toros*, and while he was there some one said, "How pretty! What red cheeks he has!" So now of course he is crying. You
755 should fumigate [*sahumar*] him over leaves of laurel and palm and cedar arranged in the form of a cross in a brazier or a potsherd. Or take twelve *chile* seeds and arrange them in the form of a cross on the *tepalcate*.[4] The child should be held in the smoke first horizontally and then upside down.[1]

If you can find out who caused *el daño*, you must get some *xaltecopalli*.[2] This is gathered on the hills. You can buy it here in the *hierberías*. If a man caused it, make a figure of a man of copal; if a woman, make a figure of a woman. Throw the figure in the fire, and the baby will get well.

753 The most important single concept of disease is de-
776 fined not in terms of symptoms, but in terms of causation—of supernatural causation. By far the commonest single explanation of sickness to be given in Tepoztlán is that the afflicted one has been attacked by *los aires* ("the airs," "the winds"). *Los aires*[3] are the evil

[1] This is very reminiscent of an ancient Aztec practice.

[2] "Sand-stone-copal." It has small hard granules in it.

[3] Based on the accounts of four informants, which were supplementary in regard to minor details.

4 [i.e. potsherd - ANALYST]

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to take up residence in Tepoztlán, attempted to develop a practice of medicine in this community of over four thousand. Although well liked, he was unsuccessful in his attempts to secure a practice; people continued to go to the herbalists, and he moved to Yautepec. It seems probable that the city treatments are, at first, simply incorporated into the general body of magical practices. Like people in distress everywhere, a Tepozteçan turns first to the cure with which he is familiar; if it fails, he turns to one less familiar, perhaps a more grossly magical practice from a mental world he has in general left behind him, perhaps an alien practice of the outside world into which he has not yet come.

The baby son of J. S., perhaps the best-educated man in Tepoztlán, a leading *correcto*, fell sick of an intestinal disorder on Monday. On Tuesday J. S. went to the shoemaker to get some medicines from him. The shoemaker prescribed opium and mercury pills and advised that the baby's stomach be rubbed with cold water. This was done. The baby was no better Tuesday, and J. S. sent to Yautepec to ask the doctor there for medicine. Meanwhile the baby grew worse, and J. S. rode up into the hills to find a kind of rose which is frequently steeped to make a remedy for intestinal troubles. This was administered to the baby. At night a patent medicine arrived from the doctor. The following day the baby was no better. On the advice of a neighbor the baby was given more herbal remedies, and its stomach was rubbed with suet. Meanwhile little care was taken with modifying the sick child's food. The next day the doctor came and the child was cured.

R. C. is a man who has spent a short time in Mexico City. He can be described as a *tonto* more sophisticated than most. One

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spring day he was on his way to San Andres to collect money due him for cattle sold on credit. Becoming tired, he rested beside the crosses at Cuicuitzcatla. He fell asleep, and while sleeping was soaked in a rainstorm. Next day he fell ill, and dreamed that little people were attacking him. He knew that in the rainstorm *los aires*, offended, had attacked him. So he went to a *curandera* in Tepoztlán. She washed him with herbs and directed that he get a live chicken and have *tamales* made to give to *los aires*. She told him that the dolls made in Tepoztlán were not good enough for *los aires* in a case as serious as this, and that he should get a doll from the stores in Mexico City. This he did. But at the last minute the *curandera* stole the doll from the tray which she was taking to Cuicuitzcatla, and *los aires* did not receive it. Someone saw the *curandera* take the doll, and told the patient. He did not get better. He went then to a doctor in Mexico City, who treated him for several weeks, without improvement. In increasing distress R. C. heard of a spiritualist who had come to Yautepec and was curing people through the medium of the spirits. R. C. went to him, but again no cure was effected. He was then urged to try a *curandera* at Santiago who specialized in curing *los aires*. She told him that *los aires* had been enraged by the loss of the doll, and that he must do it all over again. The washing with herbs was repeated, and a new and larger doll obtained. Finally the *curandera* arranged "the last cure" [*la ultima cura*]. R. C. walked to Cuicuitzcatla. On one side of him walked a musician playing a flute to conciliate *los aires*, and on the other side a man with a whip who beat R. C. at intervals to show *los aires* his penitence.

The abandonment of the older, more magical, more ritualistic treatment probably takes place first in the case of the minor disorders. Some traditional remedial acts tend to pass under scrutiny and to be justified because of the rationally comprehended means they employ to achieve the desired result. There is, for example, a notable difference in the way the sweathouse

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Children tend to be preoccupied with food. Food was a recurrent theme in all the psychological tests, and boys particularly seem to think and talk about food a good deal. In the written themes, boys and girls invariably mentioned that they liked their parents because they provided them with food and other necessities, that they liked certain relatives because they gave them good things to eat, and that they liked fiestas because then they could eat *mole*. Many said that the worst thing that had ever happened to them was when their mothers did not have money to make *mole* or some other favorite dish. Boys wrote that they wanted to marry someone who was a good cook, and the thing they liked best about their mothers was that they cooked well. Thematic apperception stories also contained a good deal about food.

Boys, more than girls, tend to be fussy about food, although they like the food that makes up the family daily fare and do not refuse to eat it. They are sensitive about the order in which they are served, the size of their portion, the way in which the food is cooked, and the manner in which it is given to them. Eldest sons or favorite sons easily become angry and sometimes throw down their food, plate and all, or refuse to eat. In this they follow the pattern of their fathers who do the same thing when they are angry.

Girls may cry quietly or throw their food to the animals if they are not pleased with what they are given, but most often they suppress their feelings. The tendency of mothers to serve larger portions and choicer food to their favorite child is a source of quarrels and resentment. Many mothers give more food to the younger children because "the others are already big and the little ones need it more." On the other hand, grown sons who work are given more food than children still in school. Some children complain that their mothers do not cook well, and we know of a few cases in which the mother neglects to prepare meals from time to time. Food is also withheld as a punishment. Taking food without permission is called stealing and is punished. Despite this, children frequently steal food, and some mothers say that they cannot leave even a bit of sugar without it disappearing. Children also now commonly beg for food or for centavos to buy candy or fruit.

Tepoztecans tend to be secretive about food. Women do not discuss with each other what their families are going to eat that day nor what they bought at the market. Market baskets are generally kept carefully covered from prying eyes. There is also some fear of food sorcery, and, except for fiesta meals, Tepoztecans prefer to eat within the safety of their own homes. One family, in which the young son attends school daily in Cuernavaca, complained that he must eat cold, stiff tortillas and cold beans for lunch. When asked why he doesn't eat at one of the many inexpensive restaurants the mother answered that it would be dangerous because someone might "put something in his food." Persons who have known enemies will generally not accept food from anyone outside their own household.

Tepoztecans, like most other Mexicans, believe that food can be classified into two types, hot and cold (which has no relationship to temperature), and that under certain conditions only one or the other type should be eaten. In general, cold foods

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673 783 685 religious images of a temporarily abandoned house; "that is not a sin, that was abandoned, and it would be worse if it were lost." When someone's pig is run down by an automobile on the highway, the neighbors quickly come with knives and cut away the best portions of meat; this is no sin "since it is the custom of the people." But if one steals the growing corn, or corn after the harvest, or money —"that is really a great sin." Who does the stealing and from whom he steals also determine the degree of the sin. When cattle are stolen from a fellow villager it is a serious matter, cattle stolen by an outsider even more so, but cattle stolen by a Tepoztecan from a non-Tepoztecan is an act of minor importance. Thus, a young man whose father had died, and whose mother had lost most of their property to lawyers, supported himself by stealing cattle in places distant from Tepoztlán. He would go away for several weeks and return with cattle which he sold in the village or used in the fields. He is generally respected and considered *honrado*, although his actions are well known. "Since the poor fellow lost his inheritance, he sometimes goes out of Tepoztlán to struggle with the cattle of others."

While we were in the village, a highly respected person, prominent in state politics, was accused of having stolen a Zebu bull from a national experimental farm. The townspeople were impressed by his astuteness and did not take the attitude that he had done anything sinful or reprehensible.

673 783 [682] In regard to killing, Tepoztecans also distinguish between excusable and inexcusable murders. If "one is like an assassin who kills in cold blood and for mere pleasure," it is a sin. But if one kills for some purpose, it is another matter. To kill a mortal enemy without warning is not a sin since the killer "only got ahead of the dead man" and took advantage of his carelessness. The shooting of a thief or suspected thief on sight is another type of justified killing.

[683] Sorcery and witchcraft of any kind are great sins. Those who practice these "devil's arts" are certain to be punished after death, but they are left unmolested while they live and may be consulted by fellow villagers for cures or for advice in bewitching others.

[684] 562 Adultery is considered a sin only for women, but here again certain cases are excused. For example, "When a man demands good food at home and doesn't give the money to buy it, then he is forcing his wife to look for other men," and since he is the cause of the adultery or if he permits it, it is not a serious matter.

[683] 562 Calumny, criticism, and gossip are special sins of women, but drunkenness on the part of men is not considered a sin.

[273] Other beliefs held by Tepoztecans which are of interest are those of *Naguales*, *los aires*, omens, healers, witches, and sorcerers.

754 [825] The *Nagual* is a person who has the power to change into an animal, such as a dog or pig. This ancient belief is widely known in Tepoztlán but is considered to be dying out. Informants alluded to *Naguales* as beings of the past, as no longer existing, or, at least, no longer wishing to show themselves. To become a *Nagual*, one must make a pact with the devil and learn certain prayers which allow a man to turn into an animal. Other prayers take away the powers of a *Nagual* and make

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him revert to human form. *Naguales* have the power to enter houses, even when doors are closed, can steal anything, and can quietly carry off girls by putting them into a deep sleep. To prevent thefts by *Naguales* a cross is marked on the bottom of *metates* which then become too heavy for the *Nagual* to lift. Some *Naguales* will steal girls for a sum of money. *Naguales* cannot be wounded by a knife or a gun, and it is impossible to hit them or throw stones at them because of a secret power which defends them. Some people believe that El Tepozteco can turn himself into a *Nagual* and that he is their chief.

Los aires are mysterious forces, variously thought of as winds, spirits, or little people who may cause sores, pimples, paralysis, and other illnesses. They are found in stream beds, ravines, in stagnant pools, and atop the highest hills. Tepoztecans are careful to avoid *los aires* and not to offend them. Some old women still say certain Náhuatl phrases asking permission of *los aires* to take water from the stream. Those who must pass by stagnant water after bathing in a *temascal* must drop some of the leaves, with which they dried themselves, into the pool in order to avoid headaches, earaches, or watering of the eyes. To get rid of these afflictions one must be cleansed with salt and yarrow leaves which are afterward thrown into the middle of the street. Sometimes when a person eats beside a stream or near a ravine, he will be attacked by *los aires* and will have a headache and fever. The illness is treated by cleansing the person with herbs, which are then thrown into the stream or ravine. If the sick person continues to have fever and dreams of canes, water, or food, it means that *los aires* struck him very hard and must be fed. *Mole*, tamales, and fruit are prepared, and a special loaf of bread in the shape of a doll is ordered from the baker. The doll is decorated in red, and the meal, adorned with red crepe paper, is carried to the suspected stream and left there.[10]

Los aires are also believed to take refuge in anthills, and one who disturbs an anthill may suffer grave injury. For this reason no Tepoztecan dares open an anthill to remove the queen ant, despite the fact that the local variety of ants is very voracious and can destroy an entire cornfield. When a farmer discovers an anthill in his field he will place food, such as mango leaves, around the hole, so that the ants will not eat the corn. The farmers sometimes place poisonous leaves at an anthill, but the ants soon learn not to eat them. Some of the more advanced farmers use chemical products including D.D.T. to kill the ants but even the most educated will not open an anthill.

Informants relate that not long ago a man, not of Tepoztlán, used to sell ant dung as fertilizer. He collected the material from anthills, but after six months of this work he fell ill, became badly crippled, and died. The same thing happened to the uncle of one of our informants; after opening an anthill he spent eight years in bed, crippled and inflamed from the effects of *los aires*.

Belief in good and bad omens continues in Tepoztlán. These beliefs are innu-

[10] In Redfield's account a real doll, with red cheeks and decorated with colored yarn, is used. The bread doll is more closely reminiscent of the dough images offered in propitiation in pre-Hispanic times.

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merable and not unlike many reported in other studies of rural Mexican communities. Omens are seen in the cry of the opossum, the entry of a bat into the house, the howling of a dog at midnight, the rainbow, the death of a snake within the house, the songs of certain birds, an egg laid without a shell, an egg with a double yolk, and many more such phenomena. When an evil omen appears in a home, the entire family feels threatened, not knowing upon whom misfortune will fall, and for a time everyone takes extra precautions against accident. Sometimes a favorite saint is appealed to or a powerful *curandero* is sought out, but more often the family does nothing, and the sense of apprehension soon wears off.

Evil supernatural forces can be made to act or can be counteracted by sorcerers and witches who receive their power from the devil. Witches are thought to be most active on Tuesdays and Fridays, and some people take extra precautions to hide soiled clothing or not to accept gifts of food on those days. Several old women, particularly those who know a great deal of herbal lore, are thought to be witches. Aggressive or bold women may also be suspected, particularly women who are able to dominate their husbands. Such women are often thought to have bewitched their husbands with *toloache*, a local herb. It is interesting to note that some of the young girls who have studied outside the village, and who live by urban standards, are also suspected of being witches by a large portion of the population. One such girl married a boy in the barrio of Los Reyes and was accused of being a witch by her mother-in-law on the ground that she refused to behave like a good daughter-in-law and continued to see her former school friends.

Sorcery is used in courtship by unsuccessful suitors. The leg of a beetle is introduced into a drink to arouse the passions of an indifferent girl, or a powder made from skulls may be thrown on the palm of a woman's right hand or on her head, or into her food or drink. Foods which spoil too quickly are often believed to contain some powder meant for sorcery. A young Tepoztecan schoolteacher who received a gift of apples from a pupil was very much alarmed when she noted that the fruit rotted the very next day, and she suspected the child's family of trying to bewitch her. The most feared type of sorcery is that in which an image of the victim is fashioned out of his soiled clothing and pierced with a pin in the region of the heart or head to bring about his illness or death. To be doubly certain of success, the doll may be thrown into an anthill, so that *los aires* will also attack him.

Almost any unusual illness, but particularly swelling of the head or joints, may be attributed to sorcery by the local *curanderos*. A bewitched person usually leaves the village in the belief that he is no longer safe there and can be cured only away from the sorcerer. In such cases, Tepoztecans generally consult *curanderos* of wide repute in Yautepec or other towns and may spend several hundred pesos to undergo a cure. However, mild symptoms of sorcery or illness due to supernatural elements may be treated within the village by use of prayer, holy water, local herbs, ritual "cleansing," and by consulting certain local healers who go into a trance and converse with spirits to get a diagnosis and prescribe a cure.[11]

[11] This may be an element of African culture introduced into Tepoztlán by Negro slaves.

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754 The most celebrated healer in Tepoztlán is one Rosalino Vargas, known as
756 Don Rosas. He is believed to be a powerful sorcerer and is feared by many of the villagers. Some people claim to have seen him riding through the town at midnight wearing a long black cape, with sparks issuing forth from his eyes and mouth. Don Rosas, who often uses the fear he inspires to his own advantage, has several enemies, at least three of whom made attempts to murder him in recent years. Don Rosas is wealthy and has a flourishing practice. He has seven female assistants; there is much gossip to the effect that these women are his paramours who sleep with him in turns, one for each day in the week. Don Rosas' loyal clientele insist that the seven women help him treat the sick and perform a series of mysterious devotions which he practices nearly every night.

755 The technique employed by Don Rosas on his patients contains an interesting
787 combination of Catholic, pagan, and possibly African elements. He does not deal directly with a patient but gets information concerning the nature of the illness through an assistant who questions the patient. After the conference the patient is taken to a room which resembles a chapel in that it has an altar and images of saints. The patient is seated on a chair close to a heavy curtain behind which sits Don Rosas. The visitor is given an image of a saint to hold while the *curandero* prays and goes into a trance. When he is "as if dead" an assistant wafts incense smoke toward him and he begins to speak, as though from a deep sleep, telling what illness the patient is suffering from. Whether or not a cure is possible is determined by a glass of water which has been placed among the images near the incense burner. If the water turns white there is hope for a cure, if black there is none. If a remedy is possible, Don Rosas then points out the necessary steps to protect the individual and his family from the enemy who is provoking the symptoms.

755 The patient must drink a sweet-sour tasting liquid, prepared by Don Rosas and stirred with a metal cross. The patient then pays two pesos for the cure but first must "cleanse" himself with the bills in the parts of his body which give him pain, and leave the money on the altar. Before leaving, the patient is given additional medicines to take each night and is generally advised to "cleanse" himself with very hot herb applications. More medicine is given as needed without charge and the patient is advised that the medicine must never be placed on the ground since it would lose its potency. Some patients need several consultations, all of which are conducted in the same manner, before they feel well again.

[754] The traditional remedies for evil eye and *espanto* (fright) involve a combination
[753] of folk beliefs, ancient herbal lore, and Catholic practice. A child is believed to be the victim of the evil eye if he comes home crying and very much disturbed. An egg is broken into a glass and if a long eye-shaped spot appears on the yolk, the person who put the eye upon the child is a man; if the spot is round, it is a woman. The child's clothes are changed and he is "cleansed" with a soiled kerchief or shirt if the guilty person was male, and with an apron or *rebozo* if a female. Some children are cured by being "cleansed" on their foreheads, with the tongue making the form of a cross.

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12 *the quality of inter-personal relations:*

TEPOZTECANS are not an easy people to get to know; they are not an outgoing or expressive people. Most inter-personal relations are characterized by reserve, constriction, and carefully guarded behavior. Spontaneous or informal behavior is limited to the most intimate relationships and rarely occurs in public. Tepoztecans do not like to attract attention by word or deed, and self-control is learned early. In the presence of adults, children are expected to be unobtrusive.[1] In large public gatherings of adults and children, there is a minimum of noise. A family whose quarrels or boisterousness can be heard by passers-by soon earns a poor reputation.

In the street, most faces are somber and quiet; smiles, brief and appropriate; hearty laughter, rare. Women and girls are expected to walk with eyes downcast and those who smile freely may be suspected of being flippant and flirtatious. Adolescent girls, in particular, must have good facial control, for even a glance of interest may be taken as a sign of encouragement by some hopeful male. To smile unnecessarily at other people's infants is to be suspected of the evil eye, and most children do not learn to smile at strangers or visitors until they attend school.

Correct behavior is important at all times, at home, with friends, with relatives, and in public. Only in the case of old people and men who are drunk are deviations from customary reserve tolerated. Nevertheless, men recovering from drunkenness are apt to worry over having committed some improper act, such as behaving disrespectfully to a *compadre*. For this reason, men are careful about choosing drinking companions; individuals in a respect-relation, such as father and son, uncle and nephew, and *compadres*, must never drink together.

There are no fiestas in Tepoztlán which are openly bacchanalian in character, or in which women as well as men become drunk and promiscuous as in some other parts of Mexico. Even at the Carnaval, when Tepoztecans behave with relative freedom, the leading participants are disguised in masks and costumes, and whatever love-making takes place is done secretly.

[1] Only during the recreation hour in school do children make a great deal of noise and play wildly. The play pattern in school is in sharp contrast with that at home and is clearly out of keeping with the older culture pattern.

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578 626 A man who believes himself to be the butt of an *indirecta* will also usually leave the group, but sometimes the statements are so obvious and crude that he interprets them as a challenge to fight. However, rarely does a fight occur as a result of such a situation; rather, the insulted person waits for an opportunity to harm the other secretly, and he, in turn, spends many an uneasy hour not knowing what to expect.

Gossip is unrelenting and harsh in Tepoztlán, especially when directed against an individual or family with whom there is a grievance. Facts about people are unconsciously or maliciously distorted, and gossip sometimes leads to tragedy. Relatives and neighbors are quick to believe the worst, and motives are always under question. A woman who puts on her best dress and takes a bus to Cuernavaca is said to be going to meet a lover. A girl who leaves town to work or study is going "to throw away a baby." A man who has gained weight and wears better clothing than before, for no known reason, must have been stealing. A wife who dominates her husband must have bewitched him.

There is a readiness to inform on others and to carry complaints to the head of the family. Neighbors and relatives are quick to let parents know that their daughter has been seen talking or walking with a boy, or that their child has been throwing stones. Claims for even slight damages are readily made. For example, a widow selling squash in the market place made a row and demanded payment when someone's two-year-old son knocked over a squash and caused the stem to fall off.

[156] Successful persons are popular targets of criticism, envy, and malicious gossip. A new calf or cow may come home with a deep slash from someone's machete. Some unknown enemy may stone another's dog or drive away his chickens or pigs.

[609] Tourists, government representatives, or other outsiders, whether from another country, state, or village, are favorite targets for private ridicule which is often carping and picayune. Their way of dress, their speech, their manners are all fair game, and any mishap they suffer or error they make gives special delight. Most

[522] of the humor in jokes, stories, and conversation is in the form of ridicule of some

[535] person or group. At the Carnaval it is the custom for some of the masked dancers to caricature and criticize public figures, much to the glee of the villagers.

[793] Even the priest is not above criticism. At one period in the history of the village there was so much criticism of successive priests sent in from the outside that the archbishop decided to punish the village by threatening to withhold a priest for seven years. However, a Tepoztecan who had studied for the priesthood agreed to

[551] take the job and retained it successfully for many years. Nicknames are common and also tend to expose personal weaknesses, sometimes to an embarrassing degree. In addition to personal nicknames, there are also nicknames for each of the barrios and villages within the municipio.

578 The most feared, but perhaps least common, form of indirect aggression is sorcery. Fear of sorcery is not omnipresent. It occurs only when a person has

● 754 reason to expect it as the result of having injured or insulted another or of having

[156] become wealthy or otherwise outstanding. Young men and women are also apt to

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be bewitched as a result of romantic entanglements, and some mothers express anxiety over this and warn their children to be careful. Chronic illness and most deaths accompanied by swelling of the head or other parts of the body are frequently attributed to sorcery.

This situation makes for an oppressive atmosphere, particularly for those individuals who are striving to improve themselves or who, for one reason or another, deviate from strict conformity. It is most true for the more educated or acculturated minority and for a few of the well-to-do. Many of these people give evidence of neuroticism and display the type of tension and discomfiture so often noted among marginal groups who live within two cultures, not wholly accepting or being wholly accepted by either. We have had occasion to observe some of these people who moved to Mexico City, subsequent to our acquaintance with them, and we were astonished to note the transformation which they invariably underwent. Their faces had become less impassive; they had gained weight; they looked happier and more relaxed; they laughed more and behaved with far less formality.

One girl who went to the United States with us described herself as feeling that a great weight had been lifted off her shoulders from the time she left Tepoztlán. She no longer had to worry about gossip, criticism, sorcery, secrecy, and felt more free to express herself as she wished. Of course, this sensation is common among all people who shift from a small rural town to a large city, but in Tepoztecans we noted more striking physiological, psychological, and personality changes.

The sanctions against the overt expression of aggression in inter-personal relations sometimes give rise to an interesting type of disease locally known as *muina*, an illness caused by anger, in which aggression is apparently turned inward against the self. The symptoms of *muina* are loss of appetite, inability to take food, vomiting, loss of weight, and very often death. *Muina* is a fairly common condition and occurs among members of both sexes, primarily among adults but sometimes even among children. It may be caused by insult, humiliation, bad luck, or any other frustration which arouses anger. People with *muina* are not supposed to eat certain foods lest they become seriously ill. The dangerous foods include pork, eggs, milk, bananas, avocados, *chirimoya*, and most "hot" foods.[6]

There are also situations in which the direct expression of aggression is sanctioned, and other occasions in which it is expressed despite community sanctions against it.

Aggression is sometimes expressed directly in the beating of children, wife, or younger sisters or brothers. Men also beat their animals in moments of anger, although generally they are careful not to injure them. Attitudes toward wife beating and child-beating have been changing in the direction of disapproval. In extreme cases of cruelty, the guilty party may be denounced to the authorities and punished. Most cases of wife-beating now occur only when the men are drunk

[6] It is interesting to note that most of the foods to be avoided contain considerable fat or oil. This suggests the possibility that the emotional disturbance causes liver disorder which makes the patient extremely sensitive to fat and unable to digest it.

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178 law and were subject to their authority, the husband had relatively little difficulty
594 in controlling his wife. But the young wife now assumes earlier the full burden of
[591] running the household and requires a certain freedom and authority which has not been traditionally hers. Men, however, are still unprepared to permit their wives the freedom to carry out these new responsibilities and interpret many of their demands and activities as threats to the husband's authority.

562 The quality of husband-wife relations is perhaps most clearly revealed by the
593 latent fear that husbands have of being bewitched or poisoned by their wives.
754 Tepoztecan men believe that wives who have suffered beatings and harsh treatment may take revenge by resorting to sorcery. The most commonly feared sorcery is a potion made from an herb called *toloache*, which may be secretly put into a man's coffee or other drink.[1] This herb is supposed to make a man *tonto*, stupid or foolish and easily led. An overdose of *toloache* will make a man an idiot. The most important symptom to Tepoztecans is that the drugged man can no longer control his wife and becomes dominated by her. When a woman is known to dominate her husband and to have many lovers, she is suspected of having given her husband *toloache*. According to Tepoztecans, the man is unaware of his condition and can do nothing about it. His mother or some other close relative may attempt to cure him secretly by putting a counter-potion into his coffee. It is interesting to note that there is not a single case of *toloache* being given by men to women.

There is a readiness to explain all mildness and passivity in men, in relation to their wives, as a result of the man's having been drugged by *toloache* or bewitched by other means. For example, a man in the village continued to give his wife a regular sum of money, although she had left him and they had no children. His unprecedented solicitude was believed to have been the result of magic applied by the wife. There are about fifty recognized cases of *toloache* poisoning or bewitching in the village. The following cases were described by one of our male informants:

MAXIMO C.: He was a bachelor until age forty, at which time he married a widow, age fifty. Before his marriage he was a strong man, but after a while he became weak, thin, humble, and always kept his head down. That is why we believe she gave him something. She is the mother, the queen. She is all and he is her servant. She had had many men and had always lived with bachelors. She lured him and married him. Her first husband was a fool. He was a *capitán* for the hacienda and was away a lot. He came here every eight days and often found another man in the house. He permitted this. She had many men, and they all died. She gave some potion to all of these men to make them live with her. She died last year.

ANTONIO F.: He eloped with his first wife. He beat her often because she ran around. After twenty years of marriage, she gave him the stuff and he began to show the symptoms.

RICARDO V.: He was the boss in his home for about five years. Then she began to sleep with just anybody, and he began to show all the symptoms.

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[1] *Toloache* is a well-known plant in Mexico and is said to contain a drug which, when given in large doses, will affect the brain.

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Francisco P.: He ruled for about ten years. Then he beat his wife terrifically, but later he began to show all the signs, and now he says nothing.
Claudio L.: He ruled in his house for about three years. His wife had wanted to marry someone else, but her parents forced her to marry him. She began to run around with other men. She has a son of twenty years and still runs around.

Our informant, a widower, remarked about himself, "I used to say to my wife, 'I rule in my home. If you butt into my business I will kill you.' I didn't weaken, so she never ruled. Sometimes I feared she might give me some of this stuff but, thank God, she never did."

Wives who "answer" their husbands and resist their authority sometimes earn the reputation of being witches, particularly if their mothers were suspected of being witches. A wife who continues to have female friends after marriage is sometimes said to be one of a group of witches. Girls with some education also are apt to be suspected, because they do not assume a submissive role after marriage. The following case illustrates this:

A girl living in one of the smaller barrios was recently married. This girl had attended normal school and had several friends who had been her classmates there. She is known to be unusually jolly, active, aggressive, and is very pretty. After marriage, she went to live in her mother-in-law's house and soon came into conflict with her. She was so impertinent and aggressive, both to her mother-in-law and her husband, that the former began to suspect her of being a witch. Her suspicions increased when she saw that her son did nothing to control the girl and continued to show affection for her. The mother-in-law began telling people that her daughter-in-law was a witch, because when she was scolded she kept looking into the person's eyes to try to get him under her power. She elaborated this by saying that one night she saw the devil jump in at the window and carry off the girl, and that the next morning the girl was found naked near the stream.
The mother-in-law's stories came to the ears of the girl, who laughingly told her friends that from now on she was going to act like a witch and frighten her mother-in-law. She invented a little technique whereby she covered her face with her outspread fingers and stared through them with big eyes whenever her mother-in-law or husband scolded her. People say that she has both of them in her power now because when she does that, they both become quiet and keep their heads down. The young wife continues to see her friends, who have now all become known as witches among the less "modern" portion of the population.

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Information concerning the sexual relations between husbands and wives is rather difficult to obtain, because of the prevailing taboos. Even trusted informants were reluctant to discuss their intimate marital relations. This was especially true of the older generation. However, some of our younger informants gave us much material. We found that older women generally spoke more freely about sex than older men, once their confidence was gained. Widows, who have a reputation in Tepoztlán for being worldly, were among our best informants.

In sexual relations as in social relations in Tepoztlán, the husband is expected to

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she went to his house alone. The boy's parents refused to let her stay, and she became *loca* and a street woman. The authorities jailed her. Later a man took pity on her, married her, and "cured" her.

The use of sorcery for revenge is very much feared by those who have jilted or humiliated a *novio*. Young women are believed to take the picture of the former lover and stick pins in the head or breast or other part of his body, depending upon where she wishes to harm him. Often chronic illnesses in young men are attributed to some girl's black magic.

MARRIAGE

The traditional and most respectable form of arranging a marriage is the *petición de mano*, or asking for the hand of the girl.[3] This is done by the boy's father and his godfather of baptism. If the boy's father is dead, the mother may act as substitute; if the boy is an orphan, his godfather may go alone or with one of the boy's relatives, preferably the uncle. Formerly the parents chose a wife for their son and generally asked for his approval. Nowadays the procedure is reversed, with the boy indicating the desired girl to his father, and asking him to make the formal request for her hand. Most often the boy and girl are *novios* secretly before they inform their parents of a desire to marry. If so, the girl may ascertain her parents' attitude toward the marriage before a formal request is made. Sometimes the boy may first write a formal proposal of marriage to the girl's parents and only after getting a favorable reply will he ask his father to begin negotiations. When the boy's father and godfather appear at the girl's home, her parents, even though they plan to accept the offer, ask for a stay of a few weeks (*pedir un plazo*), as a matter of form, and the men are asked to return at the end of that time.

In cases where the boy and girl are not *novios* and where the matter was not prearranged, there is the humiliating possibility of the marriage request being refused. But, to avoid offending, direct refusals are rarely made. Various excuses may be given, and a long stay may be requested to consider the matter. A request for a stay of one year is generally taken to mean a negative reply, and few

[3] The only account of marriage customs which I have been able to locate in the historical documents dealing with Tepoztlán is found in the *Relación*, pp. 241-42, and is presumably a description of pre-Hispanic customs, as told to the Spanish officials by the natives. This account, though sketchy, suggests the existence of class differences in marriage customs and suggests patrilocal residence. It also reveals an example of the underlying similarity between native symbolism and Catholic ritual in parts of the marriage ceremony. The pertinent excerpt is as follows: ". . . and thus when a nobleman married he sent for the woman who was carried on a litter decorated with arches of flowers at midday, if she were from the upper class; but in the case of the daughter of a commoner, she was carried on the back [of someone] and they carried before her a burning torch of pine, one for her and one for her betrothed, and upon arriving at the house of the betrothed they took her into a small room, where there was a stone of the kind upon which they place the *olla* [for heating] and they commanded her to give them something as a sign that she was mistress of the house, and this done they allowed them to be there for four days, without one going to the other, and finally they took them out and washed them and dressed them and made a knot with the stuff of his garment and her *huipil*, and when this knot was made the marriage was completed. . . ."

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some Tepoztecans had visited the federal Public Health Station in nearby Cuernavaca, and a few of the local midwives had received some instruction from public health nurses.

For the majority of people, however, indigenous folk medicine as practiced by curanderos is still the dominant form of medicine. Thus, the traditional remedies for "evil eye" and "fright" involve a combination of folk beliefs, ancient herbal lore, and Catholic practice. A child is believed to be the victim of the evil eye if he comes home crying and very much disturbed. An egg is broken into a glass and if a long eye-shaped spot appears on the yolk, the person responsible for putting the eye upon the child is a man; if the spot is round, it is a woman. The child's clothes are changed and he is "cleansed" with a soiled kerchief or shirt if the guilty person was male, and with an apron or shawl if a female. Some children are cured by being cleansed on their foreheads, with the tongue making the form of a cross.

"Fright" is an illness which leaves children sad and pale; it is cured by women who can "lay the shadow" that afflicts them. These curanderos keep a supply of powdered cedar, palm, and blessed laurel which they throw on the forehead, breast, wrists, palms of the hand, nape of the neck, and into the nostrils of the sick child. While this is being done the woman prays the Credo, and at the end holds the child's head and cries out that the shadow should withdraw and that the child no longer need be frightened. Some cure fright by having the priest read the gospel over the child in the presence of the child's godparent of the same sex.

The most celebrated healer in Tepoztlán is one Rosalino Vargas, known as Don Rosas. He is also believed to be a powerful sorcerer and is feared by many of the villagers. Some people claim to have seen him riding through the village at midnight wearing a long black cape, with sparks issuing from his eyes and mouth. Don Rosas, who often uses the fear he inspires to his own advantage, has several enemies, at least three of whom made attempts to murder him in recent years. Don Rosas is wealthy and has a flourishing practice. He has seven female assistants; there is much gossip to the effect that these women are his paramours who sleep with him in turn, one for each day in the week. Don Rosas' loyal